DOCUMENT RESUME

ED 166 175 SP 013 809

AUTHOR Meshizuka, Tetsuo
TITLE A Battery Test to Evaluate Life-Time Physical Fitness With Same Test Items.
PUB DATE Apr 78
NOTE 10p.; Not available in hard copy due to marginal legibility of original document

EDRS PRICE MF-$0.83 Plus Postage. HC Not Available from EDRS.
DESCRIPTORS Foreign Countries; Motor Development; Personal Growth; *Physical Fitness; *Psychomotor Skills; *Testing; Test Reliability
IDENTIFIERS Japan

ABSTRACT

A combination of physical fitness tests designed to be administered to a wide spectrum of the population, male and female, children and adults, is described. Three tests are included in this battery--motor fitness, physical fitness, and sports fitness. The philosophy behind this test structure is that motor fitness tests only measure and indicate roughly the tendency of an individual's fitness level while more precise tests for respective fitness factors are found in the items of physical fitness tests. Sports fitness tests differ from those two tests and are used independently due to the independent test items they contain, none significantly correlating with the other tests. Five test items are included: (1) standing long jump; (2) sit-ups for 30 seconds; (3) push-ups in two different forms; (4) timed shuttle run for 15 seconds; and (5) five-minute distance run. The diagnosis and evaluation of the total scores may be made in terms of physical fitness age versus calendar age. Exemplary tables for evaluation purposes are included in this document. (JD)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

Level II-Best Copy Available

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

T. Meshizuka

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC) AND USERS OF THE ERIC SYSTEM."

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

ED166175

A Battery Test to Evaluate Life-Time Physical Fitness with Same Test Items

Tetsuo Meshizuka*
Tokyo Metropolitan University

I. Purposes of the Test

A number of tests to measure the varied factors involved in the human physical fitness are available today in the world and in each individual countries as well today. Those tests range from that for the motor ability or physical fitness to those for physio-psychological traits, but these tests, however, unfortunately lacked with them the comparability in both the test items and methods as well.

In Japan since 1960s, these tests with such shortcomings perhaps exceptionally well administered and utilised to the nation covering from school children upto the adult citizens, 10 to 59 years. The most popular test batteries are (1) Primary School Sport Test, (2) Sport Tests consisting of (a) Physical Fitness Diagnostic Test and (b) Motor Ability Test, (3) Adult Physical Fitness Test. In addition to these test batteries, there are other tests well-known as ICSPFT tests proposed in 1972 in four different divisions; medical examination, physiological tests, motor ability test, and body composition.

All these test batteries, however, as mentioned before are not equipped well with the test items and norms for the purpose of comparing the results in terms of real human career. The basic and philosophical interpretation of the human physical fitness behind these tests is that there should be some independent traits and factors to be measured as to growth and developmental levels of human being, and these age levels must be measured by particular and corresponding test items despite it unables us to do our inter-group, chronological or inter-racial and inter-national studies.

This presentation, therefore, is to show here one of the good examples for us to utilize the test so that we may be able

SP 013 809

* Ph.D., Professor, 1-1-1, Yagumo, Meguro-ku, Tokyo, Japan 152

To be published in REVIEW, No. 2, ICSPE, 1979, BERLIN, DDR.

to exchange the test results each other for our comparative studies by using the same test items regardless of the levels of ages, levels of fitness, weak and strong and men and women. Naturally it is almost impossible to expect the perfect evaluation of human physical fitness with such simplified test itmes because those items were chosen from great many similar items viewed from three aspects, that is, (a) validity, (b) reliability, (c) objectivity, and also feasibility in particular. This, however, does not mean that, for example, ICSPFT Motor Ability Test proposed to us in 1972 is not practical or useless as some others at all, but it means that, in addition to these tests already available to us all, we should possess also the tests with which we will be able to measure the physical fitness with the same and common items for men and women all through their career.

II. The Items of the Battery.

The test is named "Motor Fitness Test" in "National Physical Fitness Tests" consisting of three major divisions: (1) Motor Fitness Test, (2) Physical Fitness Test, and (3) Sports Fitness Test. The philosophy behind this test structure is that the motor fitness test can only measure and indicate roughly the tendency of individual's fitness level as to the motor ability within the limit of a screening test, and in order to make up for this shortcoming, there should be more precise tests prepared for respective fitness factors which are found in the items of Physical Fitness Tests.

The Sports Fitness Test, on the other hand, should differ from those two tests and should be used independently due to its independent test items and none signyficant correlation with other batteries.

The test items of Motor Fitness Test were prepared by Japan Amateur Sports Association back in 1973 by the enormous efforts and enthusiasm rendered by a group colled, "Sport Test Committee" led by the author for three years. Later,

the Sport Science Committee of the association has accepted the test as "Simple Motor Fitness Test" in a draft, and the test has been widely used today for the members of Japan Junior Sports Club Association which amounts to 650,000 in all. The norms are available for 4 upto 59 and over in both sexes.

The number of test items is 5 in all:

(1) Standing Long Jump for the explosive muscular strength.

(2) Sit-Ups for 30 Seconds with legs flexed at 90 degree for muscular endurance.

(3) Push-Ups in two different forms;(a) with feet placed upon partner's back as high as subject's arm-length tangent to the floor, (b) knees placed upon the partner's back lying flat prone to the floor. The rhysm should be kept once in two seconds, and when missed twice in succession the test is suspended.

(4) Timed Shuttle Run for 15 Seconds for agility. Six straight lines, 1.0 meter apart, and two straight lines drawn outside of the former, 0.5 meter apart as the touching lines. The subject shuttles from one end to another by touching these two lines with his fingers for 15 seconds, and the distance covered is scored.

(5) 5-Minute Distance Run for general endurance not in time but in distance covered.

III. The Norms of the Test.

A pilot survey with the tentative norms prepared was conducted by the committee in 1971 and with the data gathered nation wide, the present norms were established in 1973.

One item, however, must be scored differently among other four items, that is, Standing Long Jump due to its higher correlation with the body hight of the age group under 24 years. This group is classified into A,B,C. categories relative to the hight only.

The test may be used in two ways; (a) as 4 items test, and (b) 5 items test in reference to the grading table so arranged. The minimun required point for each item is used and when one score falls below this point, the grade is lowered to the grade indicated.

The diagnosis and evaluation of the total scores may be made also in terms of physical fitness age versus callender age of the subject using the table prepared.

The tables to be referred follow:

Table 1. Grading Table.

Grade	5 items Total	5 items M.R.P.	4 items Total	4 items M.R.P.
1	41~50	5	33~40	5
2	31~40	4 "	25~32	4 "
3	21~30	3 "	17~24	3 "
4	11~20	2 "	9~16	2 "
5	6~10	1 "	5~8	1 "
	~5		~4	

Table 2. Physical Fitness Age Table.

P.F.Age	Total ~4	Diagnosis
+15		Older
" +10	5~11	↑
" +5	12~18	
±0	19~32	
" −5	33~39	
" −10	40~46	↓
" −15	47~	Younger

Table 3. Table for Standing Long Jump(men)in cm.

A	B	C	4 ↓	5	6	7	8	9	10	11	12	13	14	15	16 18	19 24	+25	25 29	30 34	35~39	40~44	45~49	50~54	55~59	60~
10			115~	135~	156~	177~	187	197	208	223	235	244	268	272	276	278									
9	10_a		110~	130~	150~	170~	180	190	201	215	228	245	259	264	268	270	10	269	266	261~	254~	225~	234~	228~	214~
8	9	10_a	105~	125~	144~	163~	173	183	194	207	220	236	250	256	260	262~	9	261~	257~	252~	245~	240~	226~	218~	204~
7	8	9	100~	120~	138~	156~	166~	176	187	199	212	227	241	248	252	254	8	252	248~	243~	236~	231~	218~	208~	195~
6	7	8	95~	115~	132~	149~	159	169	180~	191	204	218	232	240	244	246	7	243	239~	234~	228~	222~	210~	198~	185~
5	6	7	90~	110~	126~	142~	152~	162~	173~	183	196	209	223	232	236	238	6	234	230	225~	218~	213~	202~	188~	176~
4	5	6	85~	105~	120~	135~	145	155	166	175	188	200	214	224	228	230	5	225	220	216~	211~	204~	194~	178~	166~
3	4	5	80~	100~	114~	128~	138	148	159	167	180	191	205	216	220	222	4	216	210~	207~	202~	195~	186~	169~	157~
2	3	4	75~	95~	108~	121~	131	141	152~	159	172	182	196	208	212	214	3	207~	201~	198~	193~	186~	178~	159~	147~
1	2	3	70~	90~	102~	114~	124	134	145~	151	164	173	187	200	204~	206	2	198	191~	189~	185~	176~	170~	149~	138~
0	1	2	~69	~89	~101	~113	~123	~133	~144	~150	~163	~172	~186	~199	~203	~205	1	189~	182~	179~	176~	167~	162~	139~	128~
	0	1	~64	~84	~95	~106	~116	~126	~137	~142	~155	~163	~177	~191	~195	~197	0	~188	~181	~178	~175	~166	~161	~138	~127
		0	~59	79	~89	~99	~109	~119	~130	~134	~147	~154	~169	~183	~187	~189									

Table 4. Sit-Ups Scoring Table for Men(times)

Yr / pts	4 ▼	5	6	7	8	9	10	11	12	13	14	15	16 18	19 24	25 29	30 34	35 39	40 44	45 49	50 54	55 59	60~
10	13~	16~	18~	20~	22~	24~	26~	27~	29~	30~	32~	33	34	31~	29~	28~	27~	25~	24~	23~	22~	21~
9	11~	14~	16~	18~	20~	22~	24~	25~	27~	28~	30~	31~	32~	29~	27~	26~	25~	23~	22~	21~	20~	19~
8	9~	12~	14~	16~	18~	20~	22~	23~	25~	26~	28~	29~	30~	27~	25~	24~	23~	22~	21~	20~	19~	18~
7	8	10~	12~	14~	16~	18~	19~	21~	23~	24~	26~	27	28~	25~	23~	22~	21~	20~	19~	18~	17~	16~
6	7	8~	10~	12~	14~	16~	17~	19~	21~	22~	24~	25~	26~	23~	21~	20~	19~	18~	17~	16~	15~	14~
5	6~	6~	8~	9~	11~	13~	14~	16~	18~	19~	21~	22~	23~	21~	19~	18~	17~	16~	15~	14~	13~	12~
4	5	5	6~	7~	9~	11~	12~	14~	16~	17~	19~	20~	21~	18~	17~	16~	15~	14~	13~	12~	11~	10~
3	4	3~	5	6	7~	9~	10~	12~	14~	15~	17~	18~	19~	16~	15~	14~	13~	12~	11~	10~	9~	8~
2	3	2	3~	4~	5~	7~	8~	10~	12~	13~	15~	16~	17~	14~	13~	12~	11~	10~	9~	8~	7~	6~
1	2	1	2	2~	3~	5~	6~	8~	10~	11~	13~	14~	15~	12~	11~	10~	9~	8~	7~	6~	5~	4~
0	0	0	-1	-1	-2	-4	-5	-7	-9	-10	-12	-13	-14	-11	-10	-9	-8	-7	-6	-5	-4	-3

Table 5. Push-Ups Scoring Table for Men(times)

Yr / S	4 ▼	5	6	7	8	9	10	11	12	13	14	15	16 18	19 24	25 29	30 34	35 39	40 44	45 49	50 54	55 59	60~
10	21~	25~	29~	31~	33~	35~	36~	38~	40~	42~	44~	46~	47	45~	44~	41~	38~	34~	33~	31~	29~	27~
9	18~	22~	25~	27~	29~	31~	33~	35~	37~	39~	41~	43~	44~	42~	40~	38~	33~	31~	30~	28~	26~	24~
8	15~	17~	21~	23~	25~	27~	29~	31~	33~	35~	37~	39~	40	38~	36~	34~	30~	28~	27~	25~	23~	21~
7	12~	14~	17~	19~	21~	23~	25~	27~	29~	31~	33~	35~	36~	34~	32~	30~	26~	25~	24~	22~	20~	18~
6	8~	10~	13~	15~	17~	19~	21~	23~	25~	27~	29~	31~	32~	30~	28~	26~	23~	22~	21~	19~	16~	14~
5	5~	7~	9~	11~	13~	15~	17~	19~	21~	23~	25~	27~	28~	26~	24~	23~	19~	18~	17~	16~	13~	11~
4	4	5~	6~	8~	10~	12~	14~	16~	18~	19~	21~	23~	24~	22~	20~	29~	16~	15~	14~	13~	10~	8~
3	3	4	4~	6~	7~	9~	11~	12~	14~	15~	17~	18~	19	18~	16~	15~	13~	12~	11~	10~	7~	5~
2	2	2~	3	4~	5~	6~	7~	8~	9~	11~	13~	14~	15~	16~	12~	11~	9~	8~	7~	6~	4~	2~
1	1	1	2	2~	2~	3~	4~	5~	6~	7~	8~	9~	10~	9~	8~	7~	6~	5~	4~	3~	2~	1~
0	0	0	-1	-1	-1	-2	-3	-4	-5	-6	-7	-8	-9	-8	-7	-6	-5	-4	-5	-2	-1	0

Table 6. Shuttle-Run Scoring Table for Men(m)

pts \ yr	4 ?	5	6	7	8	9	10	11	12	13	14	15	16~18	19~24	25~29	30~34	35~39	40~44	45~49	50~54	55~59	60~
10	32~	36~	38~	40~	41~	44~	46~	47~	49~	50~	52~	52~	53~	51~	50~	48~	47~	46~	45~	43~	42~	41~
9	30~	34~	36~	38~	39~	43~	44~	45~	47~	48~	50~	50~	50~	49~	48~	47~	45~	45	44	42	41	40
8	28~	32~	34~	36~	38	41~	42~	43~	45~	46~	48~	48~	48~	47~	46~	45~	44~	43~	43	40~	39~	38~
7	26~	30~	32~	35	36~	39~	40~	41~	43~	44~	45~	46~	46~	45~	44~	44~	42~	41~	41~	39	38	36~
6	25~	29	31	33~	35~	37~	38~	39~	41~	42~	43~	44~	44~	42~	42~	42~	41~	40	39~	37~	36~	33~
5	23~	27~	29~	31~	33~	35~	36~	37~	39~	40~	41~	42~	42~	40~	40~	40~	39~	38~	37~	36~	34~	31~
4	21~	25~	27~	29~	32	33~	34~	35~	37~	38~	39~	40~	40~	38~	38~	38~	37~	36~	35~	34~	31~	29~
3	19~	24	26	28	30~	31~	32~	33~	35~	36~	37~	38~	38~	36~	36~	36~	35~	34~	33~	32~	29~	27~
2	17~	22~	24~	26~	28~	29~	30~	31~	33~	34~	35~	36~	36~	34~	34~	33~	32~	32~	31~	30~	26~	25~
1	15~	20~	22~	24~	26~	27~	28~	29~	30~	31~	32~	33~	34~	31~	32~	30~	29~	28~	27~	26~	24~	22~
0	~14	~19	~21	~23	~25	~26	~27	~28	~29	~30	~31	~32	~33	~30	~31	~29	~28	~27	~26	~25	~23	~21

Table 7. 5-Minutes Distance Run Scoring Table for Men(m)

pts \ yr	4 ?	5	6	7	8	9	10	11	12	13	14	15	16	17~18	19~24	25~29	30~34	35~39	40~44	45~49	50~54	55~59	60~
10			1030~	1080~	1120~	1230~	1260~	1310~	1400~	1440~	1510~	1580~	1600~	1590~	1470~	1430~	1380~	1350~	1330~	1270~	1250~	1160~	1110~
9			990~	1040~	1080~	1180~	1210~	1260~	1340~	1390~	1450~	1510~	1530~	1510~	1420~	1380~	1330~	1290~	1270~	1220~	1185~	1100~	1050~
8			950~	1000~	1040~	1120~	1160~	1210~	1280~	1340~	1390~	1450~	1470~	1440~	1360~	1320~	1270~	1230~	1200~	1160~	1120~	1050~	990~
7			910~	960~	1000~	1070~	1110~	1160~	1220~	1280~	1330~	1380~	1400~	1360~	1310~	1270~	1220~	1170~	1140~	1100~	1050~	990~	930~
6			870~	920~	960~	1010~	1060~	1110~	1160~	1230~	1270~	1320~	1340~	1290~	1250~	1210~	1160~	1110~	1080~	1040~	980~	940~	880~
5			830~	880~	920~	960~	1010~	1060~	1100~	1170~	1210~	1250~	1270~	1210~	1190~	1150~	1110~	1050~	1010~	980~	920~	880~	820~
4			790~	840~	880~	920	960~	1000~	1040~	1120~	1150~	1190~	1210~	1140~	1140~	1090~	1050~	990~	950~	920~	850~	830~	760~
3			750~	800~	840~	870~	910~	940~	980~	1060~	1090~	1120~	1140~	1070~	1080~	1030~	1000~	930~	880~	860~	780~	770~	700~
2			710~	760~	800~	830~	860~	880~	920~	990~	1030~	1060~	1080~	1000~	1020~	970~	940~	870~	820~	808~	720~	720~	640~
1			670~	720~	760~	780~	810~	820~	850~	910~	960~	990~	1010~	940~	960~	920~	890~	810~	750~	740~	650~	660~	580~
0			~660	~710	~750	~770	~800	~810	~840	~900	~950	~980	~1000	~930	~950	~910	~870	~800	~760	~730	~640	~650	~570

Table 8. Standing Long Jump Scoring Table for Women(cm)

class \ yr	4 y	5	6	7	8	9	10	11	12	13	14	15	16 - 18	19 - 24	+ 25	25 ~ 29	30 ~ 34	35 ~ 39	40 ~ 44	45 ~ 49	50 ~ 54	55 ~ 59	60 ~
A	B	C																					
10_a			110~	125~	140~	159~	177~	187~	196~	206~	222~	226~	235~	232~	233~	228~								
9	10_a		105~	120~	135~	152~	170~	180~	189~	199~	211~	218~	226~	224~	225~	220~	10	218~	212~	206~	200~	194~	186~	180~	169~
8	9	10_a	100~	115~	130~	149~	163~	173~	182~	192~	200~	210~	217~	216~	217~	212~	9	209~	205~	200~	194~	188~	180~	169~	158~
7	8	9	995~	110~	125~	142~	156~	166~	175~	185~	195~	202~	208~	208~	209~	204~	8	200~	195~	190~	185~	180~	170~	158~	145~
6	7	8	90~	105~	120~	135~	149~	159~	168~	178~	187~	194~	199~	200~	201~	196~	7	191~	185~	180~	175~	167~	156~	147~	134~
5	6	7	85~	100~	115~	132~	142~	152~	161~	171~	179~	186~	190~	192~	193~	188~	6	182~	175~	170~	165~	154~	148~	137~	126~
4	5	6	80~	95~	110~	125~	135~	145~	154~	164~	171~	178~	181~	184~	185~	180~	5	172~	164~	158~	152~	148~	138~	129~	118~
3	4	5	75~	90~	105~	118~	128~	139~	147~	157~	163~	170~	172~	176~	177~	172~	4	164~	156~	148~	138~	135~	130~	118~	108~
2	3	4	70~	85~	100~	111~	121~	131~	140~	150~	155~	162~	163~	168~	169~	164~	3	156~	149~	145~	143~	126~	119~	108~	98~
1	2	3	65~	80~	95~	104~	114~	124~	133~	143~	147~	153~	154~	160~	161~	156~	2	146~	140~	135~	130~	119~	109~	98~	88~
0	1	2	~64	~79	~94	~103	~113	~123	~132	142~	145~	153~	153~	159~	160~	155~	1	137~	134~	125~	120~	110~	99~	88~	78~
	0	1	~59	~74	~89	~96	~106	~116	~125~	135~	138~	145~	148~	151~	152~	~147	0	135~	133~	~124	~119	~109	~96	~87	~77
		0	~55	~69	~84	~89	~99	~109	118~	128~	130~	137~	135~	143~	144~	139~								

Table 9. Pull-Ups Scoring Table for Women(times)

pts \ yr	4 y	5	6	7	8	9	10	11	12	13	14	15	16 - 18	19~24	25~29	30~34	35~39	40~44	45~49	50~54	55~59	60~
10_a	12~	15~	17~	19~	20~	22~	24~	25~	25~	26~	27~	27~	27~	25~	23~	21~	20~	19~	18~	17~	16~	15~
9	10~	13~	15~	17~	18~	20~	22~	23~	23~	24~	25~	25~	25~	23~	21~	19~	18~	17~	16~	15~	14~	13~
8	8~	11~	13~	15~	16~	18~	20~	21~	21~	22~	23~	23~	23~	21~	19~	17~	16~	15~	14~	13~	12~	11~
7	7	9~	11~	13~	14~	16~	18~	19~	19~	20~	21~	21~	21~	19~	17~	15~	14~	13~	12~	11~	10~	9~
6	6	7~	9~	11~	12~	14~	16~	17~	17~	18~	19~	19~	19~	17~	15~	13~	12~	11~	10~	9~	8~	7~
5	5~	5~	6~	8~	9~	11~	13~	14~	15~	15~	16~	16~	16~	15~	13~	11~	10~	9~	8~	7~	6~	5~
4	3	4	4~	6~	7~	9~	11~	12~	13~	13~	14~	14~	14~	13~	11~	9~	8~	7~	6~	5~	4~	3~
3	2	3	3	4~	5~	7~	9~	10~	11~	11~	12~	12~	12~	11~	9~	8	6	6	5	4	3	2
2	1	2	2	3	3~	5~	7~	8~	9~	9~	10~	10~	10~	9~	8~	7	5	5	4	3	2	1
1	0	1	1	1~	1~	3~	5	6	7	7	8	8	8~	8~	7~	6	~	4	3	2	1	0
0		0	0	0	0	~2	~4	~5	6	6	7	~7	~7	~6	~6	~5	~4	~3	~2	~1	0	

Table 10. Push-Ups Scoring Table for Women(times)

pts \ yr	4 y	5	6	7	8	9	10	11	12	13	14	15	16-18	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-
10	23~	28~	32~	34~	36~	37~	38~	39~	40	42	42	42	39~	37~	36~	34~	32~	30~	29~	28~	26~	24~
9	20~	25~	28~	30~	32~	33~	34~	35	36	38	38	38	35~	34~	32~	30~	28~	27~	26~	25~	23~	21~
8	17~	20~	24~	26~	28~	29~	30~	31~	32	34	34	34	31~	30~	28	26~	25~	24~	23~	22~	20~	18~
7	14~	17~	20~	23~	24~	25~	26~	27~	28	30	30	30	27~	26~	24~	22~	21~	20~	19~	18~	16~	14~
6	11~	13~	16~	18~	20~	21~	22~	23~	24	25	25	25	23~	22~	20~	18~	17~	16~	15~	14~	12~	11~
5	7~	9~	11~	13~	15~	17~	18~	19	20	20	20	20	19~	18~	16~	15~	14~	13~	12~	11~	10~	9~
4	5~	6~	8~	10~	11~	12~	13~	14	15	16	16	16	15~	14~	13~	12~	11~	10~	9~	8~	7~	6~
3	3~	4~	5~	7~	8~	9~	10~	11~	12	13	13	13	11~	10~	11~	10~	9~	8~	7~	6~	5~	4~
2	2	2~	3~	4~	5~	6~	7~	8	9	10	10	10	8~	7~	9~	8~	7~	6~	5~	4~	3~	2~
1	1	1	2	2~	2~	3~	4~	5	6	7	7	7	7~	4~	7~	6~	5~	4~	3~	3	2	1
0	0	0	1	~1	~1	~2	~3	4	5	6	6	6	~6	~3	~5	~5	~4	~3	~2	~2	~1	0

Table 11. Shuttle-Run Scoring Table for Women(m)

pts \ yr	4 y	5	6	7	8	9	10	11	12	13	14	15	16-18	19-24	25-29	30~34	35~39	40~44	45~49	50~54	55~59	60~
10	31~	35~	37~	39~	40~	42~	44~	46~	47~	48~	49~	49		43~	42~	41~	40~	39~	38~	37~	36~	35~
9	29~	33~	35~	37~	38~	40~	42~	44~	45~	46~	47~	47		41~	40~	40	39	38	37	36	35	34
8	27~	31~	33~	35~	36~	38~	40~	42~	43~	44~	45~	45		39~	39	39	38	37	36	35	34	33
7	25~	29~	31~	33~	34~	36~	38~	40~	41~	42~	43~	43		37~	38	37~	37	36	35	34	33	32
6	23~	27~	29~	31~	33	35	37~	38~	39~	40~	41~	41		36	37	36	35~	35	34	33	32	30~
5	21~	25~	27~	29~	31~	33~	35~	36~	37~	38~	39~	39~		34~	36	35	34	34	33	32	31	29~
4	20	24	25~	27~	30	32	33~	34~	35~	36~	37~	37~		32~	35	34	33	32~	31~	29~	28~	28~
3	18~	22~	24	26	28~	30~	31~	32~	33	34~	35~	35~		30~	32~	32~	30~	29~	27~	26~	25	23~
2	16~	20~	22~	24~	27	28~	29~	30~	31~	32~	34~	34		28~	30~	29~	28~	27	26	25	24	22
1	14~	18~	20~	22~	25~	26~	27~	28~	29	30	32~	32		26~	29	28	27	26	25	24	23	21
0	~13	~17	~19	~21	~24	~25	~26	~27	~28	~29	~31	~31		~25	~28	~27	~26	~25	~24	~23	~22	~20

Table 12. 5-Minutes Distance Run Scoring Table for Women(m)

pts \ yr	4 y	5	6	7	8	9	10	11	12	13	14	15	16	17~18	19~24	25~29	30~34	35~39	40~44	45~49	50~54	55~59	60~
10			970~	1020~	1060~	1150~	1180~	1220~	1250~	1280~	1300~	1270~	1210~		1200~	1190~	1170~	1150~	1060~	970~	960~	950~	900~
9			930~	980~	1020~	1100~	1130~	1170~	1200~	1230~	1250~	1210~	1170~		1150~	1130~	1100~	1090~	1010~	930~	910~	890~	760~
8			890~	940~	980~	1050~	1080~	1120~	1150~	1180~	1190~	1170~	1130~		1100~	1070~	1050~	1030~	960~	890~	860~	830~	720~
7			850~	900~	940~	1000~	1030~	1070~	1100~	1130~	1140~	1120~	1090~		1050~	1010~	980~	970~	910~	850~	810~	770~	680~
6			810~	860~	900~	950~	980~	1020~	1050~	1080~	1090~	1080~	1050~		1000~	950~	920~	910~	860~	810~	760~	710~	640~
5			770~	820~	860~	900~	930~	970~	1000~	1030~	1040~	1030~	1010~		950~	890~	860~	850~	810~	770~	710~	650~	600~
4			730~	780~	820~	850~	880~	920~	950~	980~	990~	980~	970~		900~	830~	800~	790~	760~	730~	660~	590~	560~
3			690~	740~	780~	800~	830~	870~	900~	930~	940~	950~	930~		850~	770~	740~	730~	710~	690~	610~	530~	520~
2			650~	700~	740~	750~	780~	820~	850~	880~	890~	910~	890~		800~	710~	680~	670~	660~	650~	560~	470~	480~
1			610~	660~	700~	710~	730~	770~	800~	820~	840~	860~	850~		750~	650~	620~	610~	610~	610~	510~	410~	400~
0			~600	~650	~690	~700	~720	~760	~790	810	~830	~	~840		~740	~640	~610	~600	~600	~600	~500	~400	~390

Table 13. Body-Height Classification Table for Standing-Long-Jump.

yr	men			women		
	A	B	C	A	B	C
4 y	~111	110~92	91~	~110	109~93	92~
5 y	~115	114~106	105~	~114	113~104	103~
6 y	~121	120~110	109~	~121	120~108	107~
7 y	~129	128~115	114~	~129	128~115	114~
8 y	~135	134~122	121~	~134	133~122	121~
9 y	~138	137~125	124~	~139	138~125	124~
10 y	~143	142~130	129~	~145	144~130	129~
11 y	~149	148~134	133~	~151	150~136	135~
12 y	~157	156~140	139~	~156	155~143	142~
13 y	~163	162~146	145~	~159	158~146	145~
14 y	~169	168~153	152~	~160	159~149	148~
15 y	~170	169~156	155~	~161	160~150	149~
16 y	~173	172~161	160~	~162	161~151	150~
17 y	~176	175~163	162~	~163	162~151	150~
18 y	~176	175~163	162~	~163	162~154	153~
19 y ~ 24 y	~176	175~164	163~	~163	162~152	151~